

# Fredericksburg City Public Schools

# Local Resources to Know

## FOOD RESOURCES

### FredFood App

This app shows local food banks, pantries and meal locations in Fredericksburg and other local areas.  
Available for iPhone and Android in App Store: [www.fredfood.org](http://www.fredfood.org)



### SNAP at the Farmers Market

Farmers markets featuring fresh locally grown food. SNAP card holders can use their SNAP card at the market. See market manager to exchange SNAP for tokens and receive up to \$10 for fruits and vegetables for free.

- Hurkamp Park – 500 William Street - Saturdays - 7:00am – 2:00pm
- Mary Washington Hospital - 1001 Sam Perry Blvd - 2nd & 4th Fridays - 11:30am – 5:00pm
- VDOT Parking Lot – 12150 Gordon Rd – Saturdays - 8:00am – 1:00pm
- Spotsylvania Medical Center – 4600 Spotsylvania Pkwy Wednesdays - 2:00pm – 6:00pm

Fredericksburg – [fxbgfarmersmarket.com](http://fxbgfarmersmarket.com)

Spotsylvania - [www.spotsylvaniafarmersmarket.com](http://www.spotsylvaniafarmersmarket.com)

King George – [facebook.com/KingGeorgeFarmersMarket](https://facebook.com/KingGeorgeFarmersMarket)

Apply for SNAP at Department of Social Services at [www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov)



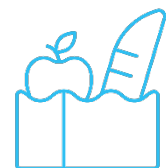
## COMMUNITY PANTRIES

### SUNDAYS

- **Agape Fellowship Ministries Pantry** – 26 Perchwood Dr.– 12:30 – 1:30
- **Real Life Community Church Pantry** – 11 Smokehouse Rd Ste 103 – 11:00 – 12:00

### MONDAYS

- **St. Mary's Food Boxes** – 1003 Stafford Ave – 9:00 -4:00
- **Mobile Pantry at Strong Tower Church** – 234 Ferry Rd. – 11:00 – 12:00
- **UMC Food Pantry** – 308 Hanover Street (Charlotte St. Parking lot) – 2:00 – 4:00
- **Massaponax Baptist Church** – 5101 Massaponax Church Rd – 3rd Mondays 6:00-8:00



Check out our program resource page for more helpful information for your family  
[www.fxbschools.us/community/community-resources](http://www.fxbschools.us/community/community-resources)

## TUESDAYS

- **St. Mary's Food Boxes** – 1003 Stafford Ave – 9:00 -4:00
- **Salvation Army** – 2012 Lafayette Blvd – 9 12 and 1:00 – 4:00
- **Spotswood Baptist Church Pantry** – 4107 Lafayette Blvd – 2nd & 4th Tuesdays - 9:30 – 11:00
- **The Table at St. George's Pantry** – 905 Princess Anne St. – 9:30 – 11:00 & 5:00 - 6:30
- **UMC Food Pantry** – 308 Hanover St (Charlotte St. Parking lot) – 2:00 – 4:00
- **Arm of the Lord Drive Thru Meal** - 2100 Airport Dr. – 4:30 – 5:30
- **Trinity Episcopal Pantry** - 825 College Ave – 1st and 3rd Tuesdays 5:00 – 6:00
- **Community Ministry Center Pantry** – 918 Bragg Rd – 6:00 – 8:00 Mobile Pantry at Hazel Hill – 3rd Tuesdays – 11:00-12:00 Mobile Pantry at Heritage Park – 1st Tuesdays 1:30 – 2:30

## WEDNESDAYS

- **St. Mary's Food Boxes** – 1003 Stafford Ave – 9:00 -4:00
- **UMC Food Pantry** – 308 Hanover Street (Charlotte St. Parking lot) – 2:00 – 4:00

## THURSDAYS

- **Community Ministry Center Pantry** – 918 Bragg Rd – 9:00 –11:00
- **St. Mary's Food Boxes** – 1003 Stafford Ave – 9:00 -4:00
- **Peace United Methodist Church Pantry** – 801 Maple Grove Dr. – 9:30 – 12:00 Mobile Pantry at Moss Clinic - 1301 Sam Perry Blvd – 3rd Thursdays 1:00 -2:00 UMC Food Pantry – 308 Hanover Street (Charlotte St. Parking lot) – 2:00 – 4:00 Islamic Center Pantry - 7020 Harrison Rd – last Thursday 5:00-7:00

## FRIDAYS

- **St. Mary's Food Boxes** – 1003 Stafford Ave – 9:00 -4:00
- **Shiloh Baptist Church (Old Site)** – 801 Sophia St. – 2nd and 4th Fridays

## SATURDAYS

- **Community Ministry Center Pantry** – 918 Bragg Rd – 9:00 –11:00
- **Lambert & Withers Food Pantry** – 900 Charlotte Street – 2nd & 4th Saturdays 9:30 -11:00
- **UMC Food Pantry** – 308 Hanover Street (Charlotte St. Parking lot) – 2:00 – 4:00

# HOUSING RESOURCES

## Housing Hotline

Current or imminent risk of homelessness, assists with resources for families facing eviction or needing emergency housing.

- (540) 358-5801

## Virginia Housing Coalition

Assists with housing vouchers, rental assistance, security deposits and mortgage payments.

- 2300 Charles Street, Fredericksburg, VA, 22401
- (540) 604-9943
- [www.centralvahousing.org](http://www.centralvahousing.org)

## Micah Ministries

Assistance for people experiencing homelessness including housing assistance, income assistance, cold weather shelter, and support.

- 1013 Princess Anne St. Fredericksburg, VA 22401
- (540) 358-5801
- [www.micahfredericksburg.org](http://www.micahfredericksburg.org)

# EMPLOYMENT/ADULT EDUCATION RESOURCES

## Virginia Employment Commission

Assists with job search, resume building, employment training, GED and ESL programming.

- 10304 Spotsylvania Ave Ste. 100, Fredericksburg, VA 22408
- (540) 322-5768
- [www.vec.virginia.gov](http://www.vec.virginia.gov)

## RARAE

Adult education for GED and ESL

- (540) 898-8165
- [www.rarae.org](http://www.rarae.org)

## Germanna College

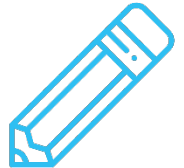
Associate's Degree programs, adult career center, job training programs, financial aid.

- (855) 874 6681
- [www.germanna.edu](http://www.germanna.edu)

## Goodwill Industries

Job training, employment and job search assistance, literacy assistance, computer skills, resume building, interview assistance.

- 4701 Market Street, Suite A Fredericksburg, VA 22408
- (800) 789-2816
- [www.fredgoodwill.org](http://www.fredgoodwill.org)



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## Start-Anytime ESOL Classes

<p>Mondays, 6:30-8pm Free! <b>Includes childcare</b> (540) 786-4848 <b>Spotsylvania</b> <a href="#">New Life in Christ Church</a> 11925 Burgess Lane Fredericksburg, VA 22407</p>	<p>Mondays, 7-8:30pm Free! No childcare (540) 993-3687 <b>South Stafford</b> <a href="#">Cornerstone Church</a> 56 McWhirt Loop Fredericksburg, VA 22406</p>	<p>Tuesdays, 1-2pm, online Thurs, 1-2pm, in- person Free! No childcare (540) 372-1144 <b>Downtown</b> <a href="#">Rappahannock Library</a> 1201 Caroline Street Fredericksburg, VA 22401</p>	<p>Wed's., 8:30- 9:30pm Free! No childcare Pastor Phan: (703) 459-8047 <b>Spotsylvania</b> <a href="#">Grace Vietnamese Church</a> For address, call in English or Vietnamese</p>
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## CHILD CARE RESOURCES

### Child Care Assistance through DSS

Apply online at [www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov)

or at the Fredericksburg Department of Social Services at 608 Jackson Street, Fredericksburg, VA 22401

### Childcare Network

Assistance with locating and acquiring childcare.

- 2117 Lafayette Blvd., Fredericksburg, VA 22401
- (540) 940-6286
- Toll-free hotline – 1 (866) 543-7852
- [www.thechildcarenetwork.org](http://www.thechildcarenetwork.org)



## GENERAL RESOURCES

### United Way

Rent and utility assistance programs, financial resources, budgeting & credit repair workshops, prescription assistance, free tax prep.

- 3310 Shannon Park Drive, Fredericksburg, VA
- (540) 373-0041
- [rappahannockunitedway.org](http://rappahannockunitedway.org)

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[www.fxbgschools.us/community/community-resources](http://www.fxbgschools.us/community/community-resources)*

## Fredericksburg Department of Social Services

Energy and emergency cash assistance, Medicaid, SNAP, TANF/VIEW, Childcare Assistance.

- Fredericksburg - 608 Jackson Street Suite 100, Fredericksburg, VA 22401
- (540) 372-1032
- [fredericksburgva.gov/491/Social-Services](http://fredericksburgva.gov/491/Social-Services)



## Virginia 211

Database of resources for housing, food, childcare, employment, transportation, utility assistance, healthcare and more.

- Call 211 or visit [www.211virginia.org](http://www.211virginia.org)

## Aunt Bertha

Database of resources for housing, food, childcare, employment, transportation, utility assistance, healthcare and more.

- (540) 373-3275
- [www.findhelp.org](http://www.findhelp.org)

## Legal Aid Works

Legal assistance on financial matters, immigration, housing problems, domestic violence/protective orders, custody.

- 500 Lafayette Boulevard Suite 100, Fredericksburg, VA 22401
- Phone: 540-371-1105
- Email: [LAWfred@LegalAidWorks.org](mailto:LAWfred@LegalAidWorks.org)
- [www.legalworks.org](http://www.legalworks.org)

## Empowerhouse

Domestic Violence Services and resources.

- (540) 373-9373
- [www.empowerhouseva.org](http://www.empowerhouseva.org)

## THRIVE Virginia

Partnering with programs to assist with housing counseling, homelessness prevention, food resources, emergency financial assistance, and Project Discovery - assisting teens moving toward college.

- 7911 Courthouse Way, Suite 300 New Kent, VA 23124
- (804) 362-6835
- [www.thriveva.org](http://www.thriveva.org)

## Salvation Army

Emergency assistance, food assistance, job training, youth music programs, Energy Share (help with heating and air conditioning), holiday assistance.

- 2014-C Lafayette Blvd., Fredericksburg, VA 22401
- (540) 373-3431
- [fredericksburg.salvationarmypotomac.org](http://fredericksburg.salvationarmypotomac.org)

## St. Faustina Assistance Line

Assistance and resources for food, housing, clothing, family resources.

- (540) 834-5555 - Call during normal business hours for service
- [www.svdpstfaustina.org/navassistance](http://www.svdpstfaustina.org/navassistance)

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# HEALTH RESOURCES

## Lloyd Moss Free Clinic

Primary & chronic care, specialty care, diagnostics, dental care, behavioral health, pharmacy.

- 1301 Sam Perry Blvd., Fredericksburg, VA 22401
- (540) 741-1061
- [mossfreeclinic.org](http://mossfreeclinic.org)



## Fredericksburg Health Department

Clinical services including immunizations and family planning, vital records including birth and death certificates, WIC nutrition services, no cost naloxone.

- 608 Jackson Street, Fredericksburg, VA
- (540) 899-4142
- [www.vdh.virginia.gov/rappahannock/city-of-fredericksburg](http://www.vdh.virginia.gov/rappahannock/city-of-fredericksburg)

For general health information, call the Rappahannock Area Health District at 540-899-4797 or visit <https://www.vdh.virginia.gov/rappahannock/>

Residents can also receive services at the Spotsylvania, Stafford, Caroline and King George Health Departments.

## Central Virginia Health Services

Fredericksburg location providing Medical, Dental, Behavioral Health.

- 965 Jefferson Davis Highway, Suite 100, Fredericksburg, VA 22401
- 540-735-0560
- <https://www.cvhsinc.org/>

## RASCB

Mental health services, disability services, substance abuse services, early intervention Fredericksburg - 600 Jackson Street, Fredericksburg, VA 22401

- (540) 373-3223
- Emergency services – (540) 373-6876
- [www.rappahannockareacsb.org](http://www.rappahannockareacsb.org)

## Mental Health America

Mental health services, support services, community activities.

- 4701 Market Street Suite D, Fredericksburg, VA 22401
- (540) 371-2704
- [www.mhafred.org](http://www.mhafred.org)

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## Healthy Families

Support for parents with children from birth to age 5. Assistance with car seats, health resources, Village Fathers program.

- 4815 Carr Drive, Fredericksburg, VA 22408
- (540) 374-3366
- [www.healthyfamiliesrappahannock.org](http://www.healthyfamiliesrappahannock.org)

## Women, Infants, and Children (WIC)

Nutrition education, breastfeeding support, food resources, community referrals.

Apply at the health department. Contact information listed above.

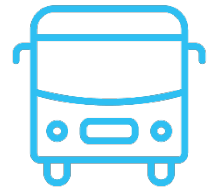
- WIC Help Desk: 888-942-3663
- [www.vdh.virginia.gov/wic-participants/new-participants/](http://www.vdh.virginia.gov/wic-participants/new-participants/)

## FAMILY / COMMUNITY RESOURCES

### FXBGO! Fredericksburg Regional Transit

Free (no fee), providing bus transportation services to Fredericksburg, Spotsylvania and Stafford.

- 1400 Emancipation Hwy, Fredericksburg, VA, United States, Virginia
- 540-372-1222
- RideFXBGGo.com



### Lyft (Ride United Transportation Access)

REQUEST A RIDE through the Rappahannock Area United Way Ride United program.

- <https://www.rappahannockunitedway.org/get-help/transportation/>

### Fredericksburg Parks, Recreation & Events

Offers sports, art, movement, summer camps, children's & family activities for all ages. Individuals receiving SNAP, TANF, or Medicaid may qualify for assistance of \$40 per child per season for activities. Contact Parks and Rec to determine eligibility.

- 408 Canal Street, Fredericksburg, VA 22401
- (540) 372-1086
- [FXBGparks.com](http://FXBGparks.com)

**Recs2U** – Summer mobile activity program - [fredericksburgva.gov/1815/Mobile-Recreation-Program](http://fredericksburgva.gov/1815/Mobile-Recreation-Program)

**Summer Camps** – ages 3 to teens - [fredericksburgva.gov/989/Summer-Camps](http://fredericksburgva.gov/989/Summer-Camps)

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## Fredericksburg Library

Children's & family activities, computer classes & special interest workshops, GED & English language group, Maker Lab, 3D printer, story time, summer reading program.

- 1201 Caroline Street, Fredericksburg, VA 22401
- (540) 372-1144
- [www.librarypoint.org](http://www.librarypoint.org)

## Museums for All

Database of museums that families with SNAP can visit for free or reduced rate: [www.museums4all.org](http://www.museums4all.org)

## YMCA

Sports, swim lessons, fitness activities, other activities. Sliding scale may be available for membership fees. Contact the YMCA to determine eligibility.



- **Massad Family YMCA** – 212 Butler Rd, 22405 (540) 371-9622
- **Ron Rosner YMCA** – 5700 Smith Station Rd, 22407 (540) 735-9622
- Home - Rappahannock Area YMCA Rappahannock Area YMCA [family-ymca.org](http://family-ymca.org)

## Macaroni Kids

Website sharing family & children's activities in the local area: [www.fredericksburg.macaronikid.com](http://www.fredericksburg.macaronikid.com)

## Doris Buffet Pool at Dixon Park

Free for families who live in 22401 zipcode 1300 Dixon St, Fredericksburg, VA 22401

- Phone: (540) 310-0665 (during pool hours ONLY)
- Admin Office Phone: 540-372-1086
- [fredericksburgva.gov/373/Bufett-Pool](http://fredericksburgva.gov/373/Bufett-Pool)

## Motts Run Nature Center

Nature hikes, fishing, canoeing, nature center, outdoor activities.

- 6600 River Rd, Fredericksburg, VA 22407
- (540) 372-1086
- [fredericksburgva.gov/1154/Motts-Run](http://fredericksburgva.gov/1154/Motts-Run)

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